

**2018
MCKINLEY
TRACK &
FIELD**

March 2018

SUN MON TUE WED THU FRI SAT

Coach Northern
8th grade boys
558-3866
cnorthern@cr.k12.ia.us

1 2 3

Coach Toyne
7th grade boys
558-3203
(Room 333)
ntoyne@cr.k12.ia.us

4 5 6 7 8 9 10

Make sure you prepare for practice the night before. Weather Can change very quickly this time of year. (Hat, gloves, sweats)

Coach Lamb
8th grade girls
558-4125
(Room 304)
mlamb@cr.k12.ia.us

11 12 13 14 15 16 17

SPRING BREAK= No practice this week. Make sure you run on your own or with teammates— stretch everyday, go through the drills, and run.

Coach Hollander
7th grade girls
558-3972
Chollander@cr.k12.ia.us

18 19 20 21 22 23 24

3-4:00pm 3-4:00pm 3-4:00pm 3-4:00pm

25 26 27 28 29 30 31

3-4:00pm 3-4:00pm 3-4:00pm 3-4:00pm

**If you are not involved in field events or hurdles—the running practice will be finished by 4:15 — please have your rides ready at that time.

April 2018

Track meets: Please bring a sack lunch or money to purchase food after you run. Meets can run into the early evening. Use the buddy system to watch your sweats while you are running. Always be focused on the meet, cheer for your teammates, and be ready to compete (stretched, warmed up for your events).

Please Note:

Concessions are not available at home track meets (Washington HS track) and may not be available at some away meets. It is recommended that you bring something to snack on.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Practice 3-4:45pm	3 Practice 3-4:45pm	4 Practice 3-4:45pm	5 Practice 3-4:45pm	6	7
8	9 Practice 3-4:45	10 Practice 3-4:45	11 Practice 3-4:00pm	12 Meet @ Prairie	13	14 Run on your own
15	16 Practice 3-4:00	17 Meet @ Wash	18 Practice 3-4:00	19 Meet @ Xavier	20	21 Run on your own
22	23 Practice 3-4:45	24 Practice 3-4:45	25 Practice 3-4:00	26 Meet @ Prairie	27	28 Run on your own
29	30 Practice 3-4:45					

Coach Lamb
 8th grade girls
 558-4125
 (Room 304)
 mlamb@cr.k12.ia.us

Coach Hollander
 7th grade girls
 558-3972
 Chollander@cr.k12.ia.us

City Meet: Be prepared to change back into your school clothes so you can hand in your equipment that was checked out to you at the beginning of the season. We will collect all equipment, and uniforms at the City meet!

Coach Northern

Coach Toyne
 7th grade boys
 558-3203
 (Room 333)
 ntoyne@cr.k12.ia.us

May 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Practice 3-4:45	2 Practice 3-4:00	3 Meet @ City High	4	5 Run on your own
6	7 Practice 3-4:45	8 Practice 3-4:45	9 Practice 3-4:00	10 Meet @ Wash	11	12 Run on your own
13	14 Practice 3-4:00	15 Practice 3-4:00	16	17	18	19 Run on your own
20	21	22	23	24	25	26
27	28	29	30	31		

***Practice will run later for athletes involved in field events or hurdles (4:45-5:00)**